



**The**  
Fleet & Family Support  
**Center**

Meeting Your Needs At Home And Abroad



# THE BEACON

JULY 2005

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7 VA Representative 8 am—3 pm  Playgroup@ Outdoor Pool 11:30 am-12:30 pm	8
11	12  Amazing Newborns 6—8 pm	13	14  Playgroup@ Outdoor Pool 11:30 am-12:30 pm	15
18	19	20  Welcome to Pax 5:30—8:30 pm	21  VA Representative 8 am—Noon  Playgroup@ Outdoor Pool 11:30 am-12:30 pm	22
TRANSITION ASSISTANCE PROGRAM (TAP) July 18-21 from 8 a.m.—4 p.m.				
25  VA Representative 8 am– 3 pm	26  Resume Writing 10—11:30 a.m.	27  Budgeting for Baby 10 am-noon	28  Playgroup@ Outdoor Pool 11:30 am-12:30 pm	29
OMBUDSMAN ASSEMBLY TRAINING July 25—29 from 8 a.m.—4 p.m.				

**Reservations are Necessary! (301) 342-4911**

**THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.**

If interested please give us a call.

NAS Patuxent River, Maryland

<http://ndw.navy.mil/ffsc>

## **BENEFITS AND ENTITLEMENT PROGRAMS**

### **VA Representative**

**July 7 & 25, from 8 a.m.—3 p.m.**

**July 21, from 8 a.m.—Noon**

The Veterans' Affairs Benefits Counselor will answer questions concerning benefits and services. Assistance is provided for transitioning service members, veterans, and family members. *Open to all veterans, by appointment only.* Please call 301-342-4911 to schedule an appointment.

## **OMBUDSMAN PROGRAM**

### **Ombudsman Assembly Training**

**July 25—29 from 8 a.m.—4 p.m.**

The Ombudsman is a volunteer who has already been to the "Basic Ombudsman Training." This recommended training is required for all new participants wishing to become an ombudsman for their command. Learn techniques involving networking and positive problem solving.

## **PROGRAMS FOR PARENTS & CAREGIVERS**

### **Playgroup @ Youth Center Outdoor Pool**

**July 7, 14, 21, & 28 from 11:30 a.m.-12: 30 p.m.**

Moms, dads, and caregivers are invited to bring their children for playtime at the Child Development Center Playground.

### **Amazing Newborns**

**July 12, from 6—8 pm**

Learn infant care from hospital to home. Practice bathing, changing, and dressing baby. Discuss feeding, health care, and safety issues. Participants will receive the complimentary videotape, "The First Years Last Forever" and audiotape, "Heartbeat Lullabies."

### **Budgeting for Baby**

**July 27, 10 a.m.-Noon**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.



## **RELOCATION PROGRAMS**

### **Welcome to Pax**

**July 20, from 5:30—8:30 pm**

A class jam-packed with information about the base and surrounding communities is offered the 3<sup>rd</sup> Wednesday of every month. Included in the program is a behind-the-scenes tour of NAS, terrific handouts, and loads of useful information about what to do and where to go while living in Southern Maryland. Along with this, information on area history, inhabitants and folklore will be provided. This will be the best three hours you will invest while at Patuxent River.

## **TRANSITION ASSISTANCE PROGRAM (TAP)**

### **Transition Assistance Program (TAP)**

**Location: Officers' Club, Crow's Nest Room**

**July 18-21 from 8 a.m.-4 p.m.**

TAP is for separating and retiring military members and their spouses. It is a joint venture by the FFSC and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. **To reserve your seat, please contact your Command Career Counselors today. DD2648 and no cost TAD orders are required for admittance.**

## **CAREER DEVELOPMENT**

### **Resume Writing**

**July 26, from 10—11:30 a.m.**

Join us for this one hour seminar where you'll learn about current trends in resume writing. Discuss topics that will prepare you for a successful job search or career change. Registration is required, reserve your seat today!

# Fleet and Family Support Center

NAVAL AIR STATION  
21993 Bundy Road, Unit 2090  
Patuxent River, MD 20670-1132

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Postage & Fees

P A I D

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## Important Safety Tips for Your Picnic

We all know that the summer heat can make packing for a picnic a little difficult. To make sure your food will stay

safe to eat, follow these guide lines from the International Food Safety Council.

- Place cold food directly from the refrigerator or freezer into a cooler filled with ice or ice packs.
- Prepared foods should remain cold to the touch.
- Full coolers stay cool longer than partially filled ones; fill remaining space with more ice or non-perishable foods.
- Wrap raw meat, poultry, and seafood securely to prevent their juices from dripping onto other foods. A separate cooler for these foods is best.



- *All classes/seminars are held at the FFSC unless otherwise noted.*
- *Workshops and seminars* are open to active duty and retired military personnel and their family members. The facilitators are from professional organizations and are not permitted to solicit or promote their business.
- *Sexual Assault Victim Intervention (SAVI) Program Coordinator* is available for General Audience Training, Supervisor's Training, and Commander's Training. Please contact Cindy Stewart @ 202-685-1171.
- *General Military Training* - The FFSC will bring seminars and workshops to your command. Call the FFSC at 301-342-4911 for more information.